

Fitness

Fitness

Fitness class descriptions

Other information

Prudhoe Waterworld

Timetables

7th Sept to 17th Dec 2010



PROGRAMME		
MONDAY	7.10am - 7.50am 9.15am - 9.30am 9.30am - 10.20am 10.30am - 11.15am 10.30am - 11.20am 11.30am - 12.30pm 1.00pm - 2.15pm 2.30pm - 3.30pm 6.00pm - 6.50pm 7.00pm - 7.45pm 7.00pm - 8.00pm 7.00pm - 8.30pm 8.00pm - 8.50pm	Gravity Ab Attack (members only) Total Body Workout Studio Cycling Young @ Heart Pilates Stretch & Relaxation (Yoga based) GP Referral Boxercise Fitball Belly Dancing Circuits (WestWorld) Chi Yopalates
TUESDAY	9.15am - 9.30am 9.30am - 10.20am 10.30am - 11.15am 10.30am - 11.20am 11.30am - 12.20pm 11.30am - 12.30pm 3.45pm - 4.30pm 4.30pm - 5.15pm 5.30pm - 6.15pm 6.30pm - 6.50pm 6.30pm - 7.30pm 7.00pm - 7.45pm 7.00pm - 7.50pm 7.00pm - 8.30pm 8.00pm - 8.40pm	Ab Attack (members only) Aeroblast Studio Cycling Young @ Heart Healthy Life Class Jog Squad (beginners) Pink Panther Cheerleaders (5-10 yrs) Pink Panther Cheerleaders (11-16 yrs) Gravity Ab Attack Weight Loss Workout Studio Cycling Aerobics Iyengar Yoga (creche) Studio Cycling
WEDNESDAY	9.30am - 10.15am 9.30am - 10.00am 10.30am - 11.15am 10.30am - 11.20am 11.30am - 12.30pm 12.30pm - 1.15pm 3.30pm - 4.00pm 4.00pm - 4.30pm 4.30pm - 5.15pm 6.00pm - 6.50pm 7.00pm - 7.50pm 7.15pm - 8.15pm	Gravity Circuits Boogie Babies (2-3 yrs/bowls pavilion) Studio Cycling Young @ Heart Pilates Adaptability Chair Based Class *Chart Toppers (3-4 yrs) *Chart Toppers (5-8 yrs) *Chart Toppers (9+ yrs) Pure Step Total Body Workout Healthy Life Gym Session
THURSDAY	9.15am - 9.30am 9.30am - 10.20am 10.30am - 11.15am 10.30am - 11.20am 11.30am - 12.30pm 4.30pm - 5.15pm 6.00pm - 6.50pm 6.00pm - 6.45pm 6.00pm - 7.00pm 7.00pm - 7.45pm 7.00pm - 8.30pm	Ab Attack (members only) Aerotone Studio Cycling Young @ Heart Healthy Life Class Junior Gym (8-13 yrs) Boot Camp Workout Studio Cycling Pilates (creche) Studio Cycling Iyengar Yoga (beginners)
FRIDAY	9.15am - 9.30am 9.30am - 10.20am 10.30am - 11.15am 10.30am - 11.25am 11.30am - 12.00pm 1.15pm - 2.15pm 6.00pm - 7.00pm	Ab Attack (members only) Legs, Bums & Tums Studio Cycling Salsacise LT Fit Club Post Natal (Course) Boxercise

PROGRAMME		
SATURDAY	9.00am - 10.15am 10.30am - 11.00am	Iyengar Yoga (Intermediate) Junior Gym (8-15 yrs)
SUNDAY	9.30am - 10.20am 10.30am - 11.15am 10.30am - 11.30pm 2.30pm - 3.15pm 3.30pm - 4.15pm	The Firming Programme Studio Cycling Fit to Dance Junior Gym (8-13 yrs) Junior Gym (8-13 yrs)

- Suitable for Healthy Life Referral participants
- Suitable for children
- * Courses must be booked in advance

HEALTHY LIFE GYM SESSIONS

Monday	12.30pm - 2.30pm
Wednesday	2.00pm - 4.00pm
Friday	12.00pm - 2.00pm
Saturday	2.00pm - 4.00pm

GP Referral Class: To attend you must be referred by your GP or Practice Nurse. For those who need to become more active. (1-2)

COURSES

Aqua Lessons: Water confidence for pre-school children with a carer.

Ballet: Royal Academy of Dancing and International dance teachers. Associated syllabus.

Boogie Babies: Fun exercise group for 2 to 3 years and parents, improving balance, co-ordination and motor skills.

Cardiac Rehab: Hospital referral scheme..

Chart Toppers: Fun dance class. Disco, hip-hop, street and stage and other dance styles for boys and girls aged 3 - 16 years.

Pink Panther Cheerleaders: Dust off your pompoms and learn choreographed cheerleading routines. Ages 5 - 10 & 11 - 16 years.

Hatha Yoga: Relaxation and meditation to reduce stress and increase fitness.

Junior Swim Lessons: For aged 4+ following the Amateur Swimming Association Syllabus.

Post Natal: Ask your health visitor for a chance to join our post natal 10 week programme.

Ab Attack: A quick intense workout to tone the stomach. (2-4)

Adaptability Exercise Therapy: Chair based exercises for strength, balance, mobility and flexibility.

Aerotone/blast: Combination of choreographed aerobics and all over body toning. (2-3)

Aerobics: A high energy choreographed workout (co-ordination required) (2-4)

Fitball: Improve your balance and posture using stability ball to help strengthen your back and stomach. (2-3)

Belly Dancing: Egyptian dance involving sharp, fluent movements. (2-3)

Boxercise: A circuit based class with boxing techniques. Glove and pad work included. (2-4)

Circuits: An excellent full body workout in an old school style circuit. (2-4)

Fit to Dance: Choreographed routines to chart music, for adults. (2-3)

GRAVITY: Full body workout to challenge muscular strength, endurance and core stability using gravity cable machine. (2-4)

GRAVITY Circuits: A circuit class that combines a strength workout with gravity cable machines with aerobic exercises. (2-4)

Healthy Life Class: Gentle exercise for those who wish to become more active. (1-2)

Iyengar Yoga: Focusing on posture, movement and stretching. (2-4)

Junior Gym: Your chance to use the gym in this instructor led session. Improve your fitness and strength.

Junior Yoga: Develop suppleness, strength & stamina.

Legs, Bums & Tums: An aerobic warm up, followed by toning exercises that concentrate on the lower body and core. (2)

LT Fit Club: Movement to music for people with physical and learning disabilities. (1)

Pilates: A mat based class with slow controlled movements that will improve posture, strength and flexibility. (2)

Post Natal: An introduction to exercise for new mothers. A health visitor will be on hand with advice while babies are cared for in our creche.

Pure Step: A choreographed aerobic workout using a step (co-ordination required). (2-4)

Salsacise: A dance workout with all the latest salsa moves (some co-ordination but no partner required). (2-3)

Studio Cycling: A highly motivating stationary cycle workout. An excellent calorie burner. (3-4)

The Firming Programme: Strength, stamina and sculpting workout. (2-4)

Total Body Workout: An all over toning and strengthening session using resistance bands and handweights. (2-4)

Weight Loss Workout: Gentle exercise class combined with dietary advice and support.

Young @ Heart: A class for the more mature exerciser that will improve fitness, strength and flexibility. Have fun and meet new people. (1-2)

Fitness Levels

- 1 = Gentle
- 2 = Suitable for most levels of fitness
- 3 = Reasonable fitness required
- 4 = Advanced

Creche

For pre-school children. Booking essential. Children may be left for up to two hours while parents or carers make use of our leisure facilities.

Ask at reception for opening times.



Explore our huge soft play area! For under 8 year olds.

Your little extra terrestrials will be blasted to another universe as they join Space Jack in his adventure soft play area. The little ones can battle their way past the space bashers and through the giant ball pool on the lower floor. For older children, their mission is to tackle ramps, crawl tunnels, bridges and inflatable planets over three floors, before they reach the ultimate black hole and spiral slide back to earth.

WESTWORLD PROGRAMME

(PRUDHOE WEST FIRST SCHOOL)

MONDAY	7.00pm - 8.30pm	Circuit Challenge 16 yrs+
TUESDAY	6.00pm - 6.55pm 7.00pm - 7.55pm	Trampolining School Year 1 - 4 Trampolining School Year 5 - 13
THURSDAY	4.30pm - 5.15pm 5.30pm - 6.30pm 6.30pm - 7.30pm 7.30pm - 8.30pm	Trampolining Pre-school/Reception Trampolining School Year 1 - 4 Trampolining School Year 5 - 13 Trampoline Club
FRIDAY	4.45pm - 5.45pm 5.45pm - 6.45pm 6.45pm - 8.15pm	Gymnastics Age 4 - 5 yrs Gymnastics Age 6 - 8 yrs Tynedale Squad
SATURDAY	8.30am - 9.30am 9.30am - 10.30am 10.30am - 11.30am 11.30am - 12.30pm 12.30pm - 1.30pm	Gymnastics Age 4 - 5 yrs Gymnastics Age 6 - 8 yrs Gymnastics Boys 6+ Gymnastics Age 6 - 8 yrs Gymnastics Age 9 - 12 yrs

Swimming

Swimming

Swimming

Swimming descriptions



Waterworld, Prudhoe, Northumberland NE42 5DQ

Tel: 01661 833144

Email: waterworld@northcountryleisure.org.uk

Centre Opening Times:

Monday to Friday 7.00am - 9.45pm (Friday Only: Gym Closes 9pm)

Saturday 8.00am - 6.00pm

Sunday 8.00am - 8.00pm (Gym Closes 6pm)

See programme for swim and activity times.

Last admission 45 mins before end of session.

This leaflet is available on audiotape and as a large print version. Please ask for details at reception.

Pool Safety

All children under the age of eight should be accompanied in the water by a responsible person 16 years and over. This person may be responsible for up to two children under the age of eight. The accompanying person should ensure that all under eight's and non-swimmers remain in safe areas of the pool (ie. in the shallow end, within their own depth of water and near to the pool side). The use of approved swimming aids for under eight's and non-swimmers is recommended.

Spectators

Spectators cannot supervise children under eight in the water. Spectators must use the designated area and are not allowed on poolside in order to prevent contamination from shoes.

We reserve the right to change the programme in exceptional circumstances.



Excellent Sports and Leisure for All.
North Country Leisure is supported by Northumberland County Council and Copeland Borough Council. North Country Leisure is a registered charity.

TERM TIME PROGRAMME

DAY	TIME	ACTIVITY	
MONDAY	7.00am - 9.00am	Swim Only	
	9.00am - 9.30am	Schools (no general swim)	
	9.30am - 10.00am	Swim Lessons 12-24 months (bookable / part beach area available)	
	9.35am - 10.30am	Swim Only	
	10.00am - 10.30am	Swim Lessons 12-24 months (bookable / part beach area available)	
	10.30am - 11.00am	Swim Lessons 24-36 months (bookable / beach area unavailable)	
	10.30am - 11.30am	Swim Only	
	11.00am - 11.30am	Swim Lessons 36-48 months (bookable / beach area unavailable)	
	11.30am - 12.30pm	Women Only	
	12.30pm - 1.15pm	AquaFit (whole pool used)	
	1.15pm - 2.30pm	Swim Only	
	1.30pm - 2.15pm	AquaFit deep water (2 lanes used)	
	1.30pm - 2.30pm	Water Babies Under 5s (beach area)	
	2.30pm - 3.30pm	General Swim	
	3.45pm - 7.00pm	Junior Lessons (no general swim)	
	7.05pm - 8.00pm	Women Only	
	8.00pm - 9.45pm	Lane Swim (last entry 9.00pm)	
	TUESDAY	7.00am - 9.00am	Swim Only
9.00am - 10.30am		Schools (no general swim)	
10.30am - 11.00am		Swim Lessons 24-36 months (bookable / beach area unavailable)	
10.35am - 1.00pm		Swim Only	
11.00am - 11.30am		Swim Lessons 12-24 months (bookable / beach area unavailable)	
11.45am - 12.15pm		Swim Lessons 12-36 months (bookable / beach area unavailable)	
12.15pm - 12.45pm		Swim Clinic	
12.30pm - 1.00pm		Swim Lessons 36-48 months (bookable / part beach area available)	
1.00pm - 2.00pm		Young @ Heart (over 45s)	
2.00pm - 2.30pm		Swim Lessons Pre-school (bookable / beach area unavailable)	
2.35pm - 3.55pm		General Swim	
4.00pm - 6.00pm		Junior Lessons (no general swim)	
6.05pm - 6.55pm		Lane Swim	
7.00pm - 7.40pm		AquaFit (whole pool used)	
7.50pm - 8.30pm		AquaFit (whole pool used)	
8.35pm - 9.45pm		Lane Swim (last entry 9.00pm)	
WEDNESDAY		7.00am - 9.00am	Swim Only
		9.00am - 9.30am	Over 60s Swim (lessons available)
	9.15am - 10.00am	Water Babies Under 5s (beach area)	
	9.30am - 10.00am	Swim Only	
	10.00am - 11.30am	Schools (no general swim)	
	11.35am - 1.30pm	Swim Only	
	12.30pm - 1.00pm	Swim Lessons 12-24 months (bookable / part beach area available)	
	1.00pm - 1.30pm	Swim Lessons 24-36 months (bookable / part beach area available)	
	1.30pm - 2.30pm	Schools (no general swim)	
	2.35pm - 3.55pm	General Swim/Staff Training	
	4.00pm - 7.00pm	Junior Lessons (no general swim)	
	7.00pm - 7.30pm	Adult Lessons (no general swim)	
	7.30pm - 8.30pm	Young @ Heart/Be Able Disabled	
	8.35pm - 9.45pm	Twilight Swim (last entry 9.00pm)	
	THURSDAY	7.00am - 9.00am	Swim Only
		9.00am - 10.00am	Young @ Heart (over 45s)
		10.00am - 10.30am	Water Babies/Lane Swim (U5's beach area)
		10.30am - 11.00am	Schools (no general swim)
11.00am - 11.45am		AquaFit (whole pool used)	
11.45am - 12.15pm		Swim Lessons 24-36 months (bookable / beach area unavailable)	
11.50am - 1.15pm		Swim Only	
12.15pm - 1.15pm		Water Babies (U5's beach area)	
1.15pm - 2.15pm		Schools (no general swim)	
2.15pm - 2.45pm		Swim Lessons Pre-school (bookable / beach area unavailable)	
2.15pm - 3.55pm		Swim Only	
4.00pm - 5.40pm		Junior Lessons (no general swim)	
5.45pm - 7.00pm		Rookie Lifeguard 35 min sessions (8-13 yrs)	
7.00pm - 7.45pm		AquaFit (whole pool used)	
7.50pm - 8.30pm		AquaFit (whole pool used)	
8.35pm - 9.45pm		Lane Swim (last entry 9.00pm)	
FRIDAY		7.00am - 9.30am	Swim Only
		9.30am - 11.00am	Schools (no general swim)
	11.00am - 11.30am	Adult Lessons	
	11.00am - 12.00pm	Water Babies (U5's beach area)	
	11.00am - 12.15pm	Swim Only (part of pool available)	
	12.15pm - 12.55pm	AquaFit (whole pool used)	
	1.00pm - 1.45pm	AquaFit Deep Water (2 lanes used)	
	1.00pm - 3.30pm	Swim Only (part of pool available)	
	2.00pm - 3.00pm	Swim Lessons 6-24 months (bookable / part beach area available)	
	3.30pm - 7.00pm	Fun Time	
	7.00pm - 8.00pm	Twilight Swim (last entry 7.15pm)	
	8.30pm - 9.30pm	Canoe Club (private booking)	
	SATURDAY	8.00am - 11.00am	Junior Lessons
		10.00am - 11.00am	Lane Swim (beach area unavailable)
		11.00am - 3.15pm	Fun Time (no entry till 11am)
		3.15pm - 4.15pm	Inflatable Fun (last entry 3.45pm)
		4.30pm	Pool closes
		4.30pm - 5.15pm	Available for party hire
SUNDAY		8.00am - 10.00am	Lane Swim
		10.00am - 3.15pm	Fun Time (no entry till 10am)
		3.15pm - 4.15pm	Inflatable Fun (last entry 3.45pm)
		4.30pm - 5.30pm	Swim Only
		5.30pm - 7.45pm	Swimming Club

Useful information

- Swim only sessions are for swimming lengths (not widths).
- No entry to pool before stated session times.

Free Swimming

The Government funded free swimming scheme for over 60s has now ended. Normal pricing now applies.

HALF TERM Mon 25 Oct to Sun 31 Oct

DAY	TIME	ACTIVITY	
Lane available Monday to Friday 12.30pm to 1.00pm			
MONDAY	7.00am - 9.00am	Swim Only	
	9.00am - 10.00am	Young @ Heart Activity Session	
	10.00am - 2.00pm	Fun Time	
	2.00pm - 3.00pm	Inflatable Fun	
	3.00pm - 3.30pm	Fun Time	
	3.45pm - 7.00pm	Junior Lessons (no general swim)	
	7.05pm - 8.00pm	Women Only	
	8.00pm - 9.45pm	Lane Swim (last entry 9.00pm)	
	TUESDAY	7.00am - 9.00am	Swim Only
		9.00am - 9.45am	Canoe Course 8 yrs + (must be booked)
		10.00am - 2.00pm	Fun Time
		2.00pm - 3.00pm	Inflatable
3.00pm - 3.45pm		Fun Time	
4.00pm - 6.00pm		Junior Lessons (no general swim)	
6.05pm - 6.55pm		Lane Swim	
7.00pm - 7.40pm		AquaFit (whole pool used)	
7.50pm - 8.30pm		AquaFit (whole pool used)	
8.35pm - 9.45pm		Lane Swim (last entry 9.00pm)	
WEDNESDAY		7.00am - 9.00am	Swim Only
		9.00am - 10.00am	AquaFit (whole pool used)
	9.15am - 10.00am	Water Babies (U5's beach area)	
	10.00am - 2.00pm	Fun Time	
	2.00pm - 3.00pm	Inflatable	
	3.00pm - 3.45pm	Fun Time	
	4.00pm - 7.00pm	Junior Lessons (no general swim)	
	7.00pm - 8.30pm	Young @ Heart/Be Able Disabled	
	8.35pm - 9.45pm	Twilight Swim (last entry 9.00pm)	
	THURSDAY	7.00am - 9.00am	Swim Only
		9.00am - 9.45am	Canoe Course 8 yrs + (must be booked)
		10.00am - 2.00pm	Fun Time
2.00pm - 3.00pm		Inflatable	
3.00pm - 3.45pm		Fun Time	
4.00pm - 5.45pm		Junior Lessons (whole pool used)	
5.45pm - 7.00pm		Rookie Lifeguard 35 min sessions (8-13 yrs)	
7.00pm - 7.40pm		AquaFit (whole pool used)	
7.50pm - 8.30pm		AquaFit (whole pool used)	
8.35pm - 9.45pm		Lane Swim (last entry 9.00pm)	
FRIDAY		7.00am - 9.00am	Swim Only
		9.00am - 10.00am	Young @ Heart Activity Session
	9.15am - 10.00am	Water Babies (U5's beach area)	
	10.00am - 2.00pm	Fun Time	
	2.00pm - 4.00pm	Halloween Disco	
	4.00pm - 5.00pm	Inflatable	
	5.00pm - 7.00pm	Fun Time	
	7.00pm - 8.00pm	Lane Swim (last entry 7.15pm)	
	8.30pm - 9.30pm	Canoe Club	
	SATURDAY	8.00am - 11.00am	Junior Lessons
		10.00am - 11.00am	Lane Swim (beach area unavailable)
		11.00am - 3.15pm	Fun Time (no entry before 11.00am)
3.15pm - 4.15pm		Inflatable (last entry 3.45pm)	
4.30pm		Pool closes	
4.30pm - 5.15pm		Available for hire	
SUNDAY		8.00am - 10.00am	Swim Only
		10.00am - 4.30pm	Fun Time
		3.15pm - 4.15pm	Inflatable Fun (last entry 3.45pm)
		4.30pm - 6.00pm	Swim Only

AquaFit: Water based aerobics & toning to music.

Fun Time: Waves, slide and water features.

General Swim: Full access to the pool. No water features.

Inflatable Fun: NEW Space themed inflatable.

Lane Swim: Lane ropes are used in these sessions.

Over 60s: Swim only sessions for over 60s

Swim Only: For those who wish to swim lengths.

Twilight Swim: Low overhead lights & subtle underwater lighting to give a relaxing swimming experience.

Water Babies: Fun with toys for pre-school children.

Women Only: A relaxing swim for women.

Young @ Heart: Water based fun session for over 45s. Varies from aquaFit to volleyball.




Get yours today!
Special offers...
A choice of membership options and discounts when couples and families join together!
Ask at reception for more details.

Note: We are open all bank holidays from 9.00am to 5.00pm.